

Dr. J.M. Nilam. MBBS, DCH, MD.

Consultant Child Specialist

S.B. Specialized Children's Hospital, Peradeniya.

Patron, Life Guidance Centre, Kandy.

Dr. J.M. Nilam. No:09, Pathum Uyana, Palkelele, Kundasale, Sri Lanka.

Guiding towards Successful Life since 1986

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TP: 0777 560330 0702344495

jmniam@gmail.com



Common information letter LGC/MF/INS/25/02 ENG

01.11.2024

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Program for Staff members / Employees

MIND FIRST workshop on promoting Healthy & balanced Mentality

Current Situation

We observe more & more violence, depression, Suicide & other Psychological problems among present generation including among present work force of our country. Having disturbed mind is a major cause for mistakes, absentees & interpersonal conflicts in a work place & as a result employer will have negative productivity in his business.

We are taking leadership of providing preventive measures for evolving social issues with our time-tested experience on motivating towards successful life since 1986. We believe that motivating employees towards healthy & balanced mind in this competitive & selfish society is an important step to prevent Psychosocial issues prevailing in work places & also to improve productivity of a company.

Main aim

Providing knowledge, skills & motivation necessary to develop & maintain healthy & balanced mentality for all employees & by that we are trying to have peace & harmony at home & work place.

Selection of Group

Suitable number of employees according to the hall facility available. Maximum 40 per session.

Medium – conducted in English, Sinhala & Tamil medium separately

Duration: 2 hours

Facilities: Suitable hall facility

Need Multimedia & Sound system

Topics :

1. What is "healthy mind"
2. How to achieve & maintain healthy mind
3. Common Emotions affecting life (Fear, Anger & Sadness)
4. Rational management of common Emotions affecting day to day life
5. Causes & solutions for mental Frustration
6. Living with a balanced mentality in a competitive society.
7. Values of family concept & marriage life in a digital world
8. Psychosocial issues related to sexuality & maintaining self-mental discipline

Presentation by: **Dr. J.M.Nilam.** MBBS,DCH,MD.

Child Specialist, Children's hospital, Peradeniya.

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Our Experience:

We were discussing regarding Healthy mind & Healthy life style covering Psychosocial well-being since 1986. Since 2015 we were conducting motivational program “Professionals & Society”.

1. Average Professional fee - Up to 02 hour program *

Type of Institution	1. Kandy area	2. Out Stations	3. Long distance
A. Government Schools – without sponsorships.	6,000.00 up wards	8,000.00 up wards	12,000.00 up wards
B. Private Institutions – Non-commercial	12,000.00 up wards	18,000.00 up wards	22,000.00 up wards
C. NGOs / Commercial Institutions	15,000.00 up wards	21,000.00 up wards	25,000.00 up wards

* additional charges for more than 02 hours. Rs.6000.00 per hour.

** additional charges for accommodation & meals (where ever applicable – Long distance programs)

2. Transport Expenses - **charges for Cab service. or**

Minimum charges **Rs. 3000.00 + Rs. 60.00 per Km + Highway & Parking charges** wherever applicable.

3 Multimedia Projector - Rs.3000. 00 Sound System Rs. 2500.00

Payment details:

Account Name: Dr.M.Nilam Jiffry (Dr. J.M.Nilam)

Bank: Sampath Bank. Branch: Kandy Super Acc. No: 000 750 114 571

Please feel free to communicate with us for further information.

Thanking you,

Dr. J.M. Nilam. MBBS, DCH, MD.

Consultant Child Specialist, Children’s hospital, Peradeniya.

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Valid up to 31.12.2025.

